

ZEN
Lifestyle

Specialist Therapies

Training Overview

LVL Lash Lift	One day course
HD Brows	Two day course
Blink & Go Lashes	Two day course
Nouveau Semi Permanent Lashes	Two day course
Endermologie	Two day course
Going Deeper Massage	One day course
Pregnancy Massage	One day course
Clear + Brilliant	One day course
CACI Ultra	One day course
Dermaroller	One day course

Training objectives: To fully participate in above training. On completion of training the desired number of practice treatments must be carried out in full with your trainer, once practice treatments have been carried out to sufficient standard the training will be signed off by your salon manager and you will be able to commence treatments on clients.

Progression within Specialist Therapies will be on discussion with your salon manager and dependant on the needs of your salon.

LVL lash lift

Lifts the lashed rather than curling to give a wide-awake look that is completely natural.

What you need:

- Gentle Eye Make-Up Remover
- Protein Pads
- Lifting Balm
- Volumising Fix
- Moisturising Serum
- Bonding
- Shields in small, medium and large
- Tweezers
- Microbrush
- Micropore Tape
- Lash comb
- OPI Hand and Foot Lotion

The treatment:

1. Carry out consultation with the client, check for contra- indications and discuss what size shield will be used.
2. If the client is wearing contact lenses, ask them to remove them.
3. Remove any eye make-up with Gentle Eye Make-Up Remover and wipe over lashes with Protein Pads to ensure they are free from product.
4. Tape clients lower lashes down with Transpore Tape to prevent lower lashes sticking to the silicone shields.
5. Ask your client to close their eyes, then apply LVL Bonding on their eyelid along the base of the lashes as quickly as possible, Bonding must be left for 30 seconds to maximise the bonding effect.
6. Lift one eyebrow with your thumb, and then sit the LVL silicone shield on the upper eyelid along the line of the lashes and press gently down for a few seconds to allow the bonding to dry.
7. Once the silicone shield is in place, apply a small amount of bonding to the surface of the silicone shield.
8. Lift lashes individually from the root onto the root onto the silicone shield. Ensure that the lashes are straight and not over lapping.
9. Repeat stages 6-8 on the other eyelid.
10. Using the LVL microbrush, carefully apply the Lifting Balm to the lashes.
11. If the client feels and discomfort or irritation, immediately wipe away lifting balm lotion and rinse the eyes with saline solution.
12. Leave on for 8-15 minutes and offer your client a hand or scalp massage. Use OPI Hand and Foot Lotion.
13. Remove Lifting Balm and apply Volumising fix over the lashes and leave on for 3-5 minutes.
14. Remove excess Volumising Fix and apply Moisturising Serum to the lashes.
15. Remove shields from eyes and remove any excess bonding
16. Aftercare.

High Definition Brows

A seven step procedure to give the brows a full and natural look with definition.

What you need:

- Gentle Eye Make Up Remover
- HD tints and developer
- Tinting jar and brush
- Cotton pads
- Cotton buds
- Wax pot and orange wood sticks
- Wax strips cut to eyebrow size
- Eyebrow comb
- Scissors
- Tweezers
- Eyebrow Pencil/Mineral Powder/Brow Beater
- Comfort me
- Vanish
- Mirror

The Treatment:

1. Consultation to explain how the procedure works, what they are looking to achieve with HD Brows and colour for tint. This is when you indicate to the client if they have any gaps or unevenness in their brows.
2. Wipe over the brows with Eye Make Up Remover on cotton pads
3. Mix up a tint you have decided with the client dependant on their hair and skin colouring. We would aim to tint the brows 2 shades lighter than the finished colour as they will continue to develop after removal. Shape tint to HD shape with cotton bud.
4. Remove tint with dry cotton pads and wipe around the brows with Comfort Me, being careful that the area is not too oily.
5. The third step is trimming - comb the brows upwards and take away an excess length.
6. For the waxing use an orange wood stick to apply the wax in straight lines to create the HD shape. Making sure that the wax is not too thick or wide the width of the orange wood stick. Remove using a wax strip and ensure the skin is being held taut while pulling.
7. Stretching the skin take away any stray hairs to complete the shape using the Tweezers
8. Thread around the brow to remove any downy hairs. Keep the skin taught and the thread tight.
9. Wipe over the full brows with comfort me and Vanish on any areas where tint can be seen but is not wanted!
10. Apply Mineral powder around but not over the brow to cover any redness.
11. Allow the client to look in the mirror and explain what you have done and areas to grow in.
12. Apply powder or pencil where needed and finish with Brow Beater.
13. Aftercare.

Blink & Go Eyelash Extensions

Fast and convenient, these lashes give length, volume and a mascaraed look to the eyes that for 7 days.

What you need:

- Gentle Eye Make-Up Remover
- Transpore Tape
- Protein Pads
- Tweezers
- Selection of different sized Blink & Go Lashes
- Microbrush
- Sealant

The treatment:

1. Carry out consultation to discuss desired look of lashes.
2. Remove eye make-up with Gentle Eye Make-Up Remover.
3. Half a piece of Transpore Tape and split each part into 3.
4. Tape down the lashes from the outer corner of the eye.
5. Ask your client to gently close eyes and at this point make sure no tape has lifted or disturbed the top of the lashes.
6. Lightly wipe over the lashes with a protein pad to ensure the lashes are free from make-up, oil and dirt.
7. Select the lashes to use for treatment and stick the strips(S) to the back of your hand. Place thumb ring on thumb with a glue pot inside it and a small amount of glue.
8. Gently stretch one eyelid with fingers of hand with glue pot have tweezers in other. Pick up an individual Blink & Go Lash, dip in glue, wipe off excess and slide down clients lashes until it is about 0.5mm-1mm away from the base of the lash line. Make sure the extensions must not be touching the skin.
9. Repeat stage 8 on other the other eye. Go back and forth about 3 times on each eye.
10. Select lashes that are 1mm shorter than each lash and insert. This will provide volume as well as length, so the client's lashes do not look too false once treatment is complete.
11. Using tweezers to ease off any lashes stuck on Transpore Tape and ask client to slowly open eyes. It is very common at this point that the clients eyes will water for a few seconds at this point due to the glue.
12. Make sure all lashes are straight and there are no gaps and that both eyes are even.
13. Ask client to check lashes in mirror.
14. Lie client back and gently remove the Transpore Tape. Use a Microbrush and apply a light coating of Sealant to the roots to create a seal around the bonds.
15. Aftercare.

Nouveau Semi-Permanent Lash Extensions

Nouveau lashes are semi-permanent lashes which last up to 90 days with maintenance – which is carried out approximately every 2 weeks. The lashes are applied onto each individual lash creating a fuller longer effect and they come in various sizes depending meaning you can create a look specific to your client. We offer the lashes in a full or half set.

What you need:

- Gentle Eye Make-Up Remover
- Transpore Tape
- Protein Pads
- 2 x Tweezers
- Selection of different sized Nouveau Lashes
- Microbrush
- Sealant

The treatment:

1. Carry out consultation to discuss desired look of lashes.
2. Remove eye make-up with Gentle Eye Make-Up Remover.
3. Half a piece of Transpore Tape and split each part into three.
4. Tape down the lashes from the outer corner of the eye.
5. Ask your client to gently close eyes and at this point make sure no tape has lifted or disturbed the top of the lashes.
6. Lightly wipe over the lashes with a protein pad to ensure the lashes are free from make-up, oil and dirt.
7. Select the lashes to use for treatment and stick the strips to the back of your hand. Place thumb ring on thumb with a glue pot inside it and a small amount of glue.
8. Gently use the one set of tweezers to search through the lashes and find a slightly shorter 'baby' lash while using the other tweezers to keep this lash separated. Select the length you are using dip in glue, wipe off excess and slide down clients lashes until it is about 0.5mm-1mm away from the base of the lash line. The extensions must not be touching the skin. Repeat twice on this eye with space between each lash.
9. Repeat stage 8 on other the other eye. Go back and forth until lashes are full.
10. Using tweezers to ease off any lashes stuck on Transpore Tape and ask client to slowly open eyes.
11. Make sure all lashes are straight and there are no gaps and that both eyes are even.
12. Ask client to check lashes in mirror before gently removing the Transpore Tape. Use a Microbrush and apply a light coating of Sealant to the roots to create a seal around the bonds.
14. Aftercare.

Pregnancy massage

This is a specialised massage where the client is lying on their side during the treatment, allowing the therapist to carry out a full body massage whilst the client is at optimum comfort.

For this massage you would avoid using over stimulating products and would only use the Elemis Japanese Camellia Oil, Grapeseed and Instant Refreshing Gel. This treatment. Clients are recommended to come for pregnancy massage after their first trimester.

Going Deeper massage

Endermologie

Hanover and Teviot only

Endermology is a body treatment which works on the fibres in the skin to help soften the appearance of cellulite. The treatment can be carried out on the full body but you will find that most clients just want to concentrate on localised areas. Not only will it help with cellulite it also helps to increase the circulation in the skin therefore the skin appears much brighter.

The combination of specific movements and the suction the machine provides helps to lengthen the damaged receptors in the tissues which when shortened dip the skin create the orange peel effect. There are 3 movements; rocking, twisting and smoothing. Each one is carried out on a different setting;

Rocking- localised fat

Twisting-slimming

Smoothing- sagging skin

Clients can require up to 24 treatments and clients must wear an Endermology body suit whilst the treatment is carried out. The treatment takes 35 minutes to carry out and must be done every 2-3 days to achieve best results. After the course of treatments we recommended that clients come back once a month to maintain the results, again this can differ from each client.

If clients would like to enhance results we suggest combining the treatment with Mesotherapy or the Murad Firm and Tone supplements and body products.

Contraindications-

- Pregnancy
- Extreme loose skin
- Varicose veins
- Excessive broken capillaries

Ellipse Hair Removal

Ellipse IPL is an Intense Pulse Light Semi-permanent Hair Removal machine. A Patch Test must be had with consultation form filled out prior to first treatment.

What you will need:

- Ellipse IPL Machine
- Antiseptic wipe
- Cotton Pads
- Micropore tape
- Red Board Marker
- Disposable Razors
- Ellipse Gel
- Two pairs of Glasses
- Spatulas
- Disposable Gloves
- Aloe Vera
- Heliocare SPF

The Treatment:

1. Allow the client to get changed if necessary.
2. Gloves should be worn throughout this treatment. Wipe over the area with antiseptic spray on cotton pads
3. Mark out the area to be worked on using a Red Marker pen
4. Ensure the hair has been shaved so it is not visible on the surface, if not use the razors to gently tidy up any areas where hair can be seen on the area to be worked on.
5. Run the sticky side of the micropore over the area to ensure any small hairs are picked up.
6. Using a spatula apply a thin layer of Ellipse Gel.
7. Ensure you and your client are both wearing glasses before starting the treatment.

CACI Ultra

Caci uses tiny micro-current that helps to tone, lift and re-educate the muscles back to their original position. The face has over 30 muscles that lie directly below and are connected to the skins surface. When muscles are stimulated they either contract or expand. It is the direction of the stimulus that determines which reaction takes place and this will be dictated by the positioning of the probes over the muscles. In either case, proper firmness is re-established through the non-surgical procedure by correcting the sagging muscle, which in turn corrects the sag of the skin. The treatment also stimulates blood circulation, which helps improve muscle tone and counteract dryness.

Targets clients-

Micro lift also works on improving the skin tissue e.g. acne scarring, blemishes and sun damaged, dry dehydrated and problematic oily skin. It also softens lines and wrinkles and works to generally improve the skins texture and tone.

Contra-indications

- Pacemaker- absolute
- Pregnancy and breast feeding – absolute
- All forms of cancer – absolute
- Epilepsy – absolute
- Heart conditions – absolute
- Tumours – absolute
- Thrombosis/Phlebitis – absolute
- Multiple sclerosis – absolute
- Anti-depressants – absolute
- Over active thyroid - absolute
- Retin A- absolute (3-6month wait after taking med)
- Roaccutane – absolute _12-18 month wait after med)
- Varicose veins – avoid area
- Inflammation/infection – AA
- Metal implants- AA

A course of treatments is recommended to get the best and most effective results. Clients may need to come every 2 weeks to achieve desired effect and maintenance treatments are required.

Dermaroller

Dermaroller is a deep penetrating treatment which is good for clients who are looking to treat skin concerns such as scarring, anti-aging and stretch marks. The treatment works by causing trauma to the skin pushing a surge of collagen to rush to the area plumping out the skin and causing the skin to repair.

What you need:

The treatment:

A consultation is needed prior to the treatment to assess the client's aims, explain the treatment and explain how many treatments may be needed and how often. Each client is different and 3 plus treatments could be required to achieve the ultimate results. There are several different needle depths that can be used on the skin including the stamp which is for those who have deep or pitting scarring.

Prior to the Dermal Roller treatment the client's skin is numbed with an anaesthetic which is applied for 30minutes to ensure penetration of the product then the treatment may begin. The needling is carried out over the full face and eye area. The neck may be added at additional cost. There should be little discomfort during the facial; however it can be sensitive on the upper lip, eye brows and jaw. Once the full area has been covered a cooling mask is applied to help reduce redness. The clients skin will be very flush after the procedure therefore some may take a mask home with them to help reduce redness further. There is little down time required after procedure.

The following day the client's skin will feel quite hot almost like sun burn. It is recommended not to apply stimulating products on the skin directly after the treatment however will have aftercare cream called Chiroxy to use for the next 2 days.

Most clients will have to have several treatments which can be carried out at 6 week intervals.

Dermal Roller is ideal for most skin types and is perfect for those looking for an anti-aging skin care routine with an added boost.

Clear + Brilliant

Is a gentle, revolutionary laser treatment that fights the natural effects aging has on skin. It helps to improve tone and texture and gives skin a radiant, youthful glow.

What you need:

- Gentle Eye Make-Up Remover
- Refreshing Cleaner
- LMX 4 Anaesthetic Cream x4
- Dermaroller Cooling Mask
- Hydro-Dynamic Moisturising Cream
- Skin specific eye cream
- Heliocare
- 2 warm towels
- Cotton and sponges
- 2 spatulas

The Treatment:

1. Consultation with client. Make sure consultation form is filled out and signed.
2. Ask client to remove all jewellery.
3. Eye cleanse with Gentle Eye Make-Up Remover.
4. Cleanse skin with Refreshing Cleaner. Remove with warm towel.
5. Carry out second cleanse if need using Refreshing Cleanser. Remove with warm towel.
6. Apply LMX 4 numbing cream with a spatula, making sure it's right up to the hair line, along the jaw and neck. Leave on for 25-30 minutes.
7. Remove LMX 4 with spatula and wipe over skin with damp cotton, ensuring all numbing cream is removed thoroughly.
8. Ensure card is in card reader and apply new tip to handset, select start setting.
9. Carry out up to 4 passes over skin with laser.
10. Wipe over skin with cool cotton.
11. Apply cooling mask with mask brush and leave on for 10 minutes.
12. Leave on skin for 10 minutes- hand massage
13. Remove mask and blot skin
14. Apply skin specific eye cream, Hydro-Dynamic Moisturiser and Heliocare.
15. Sit client up and offer water.
16. Aftercare.

Notes